



FREE Training for Parents & Caregivers

**Saturday, August 17th &
Sunday, August 18th
9am–4:30pm both days**

University YMCA –1801 University Ave SE



Wellness Recovery Action Plan (WRAP®) is a prevention and wellness process that anyone can use to get well and stay well through a series of tools and action plans called a **WRAP®**. This process is for anyone who wants to make positive changes in the way they feel and the way they react to life. WRAP® is an approach that helps people to:

1. Decrease and prevent intrusive or troubling feelings and behaviors
2. Increase personal empowerment
3. Improve quality of life
4. Achieve personal life goals and dreams

**This training is FREE to parents &
caregivers in Hennepin County
with children experiencing
mental health challenges**

Childcare & transportation stipends are available

We are prioritizing families & caregivers who have not yet attended a WRAP workshop and families who identify as Black, Indigenous, and people of color.

**Sign
up
here!**



Must attend both days

Learn more about WRAP – www.wellnessrecoveryactionplan.com

Presented by
**Parent Catalyst
Leadership Group**

a subsidiary of
**HENNEPIN COUNTY
CHILDREN'S MENTAL HEALTH
COLLABORATIVE**
www.hccmhc.com

along with
**Wellness
in the Woods**
TRANSFORMING WELLNESS INTO REALITY